

## VIEW FROM THE HEIGHTS

June 2019

Greetings,

And happy June!

The month that is named after the goddess Juno (the goddess of marriage & childbirth) is my favourite of the twelve. Long, bright, temperate (usually) days are both energizing and uplifting. This is the time to get things done! I have vivid childhood memories of my dad coming home from London, having his tea, and then heading out into the garden until the light faded. June should be experienced *en plein air!*

Some years ago, I hosted a midsummer celebration. As we sat on the screened porch enjoying a late, crepuscular meal, one friend remarked that, "it is downhill from now on." I have never forgotten those words! Every June 21<sup>st</sup> I recollect that daylight will now begin to decrease. (If any of you have any tricks for deliberately forgetting something, please let me know!)

My friend's words were daunting – and depressing. And their effect has never worn off. One should not allow future concerns to diminish present joys. Imagine holding a newborn all the while worrying about his or her difficult teenage years! The pleasures of life are to be relished in the moment – the perfect relief from past pain or future worry.

Present time is where we humans function best. Memories have their place, as do goals and plans for what is to come. But it is in the here and now that we do our best work – solving problems, enjoying the good, experiencing the Holy.

We can look back in remembrance of God's blessings and we can look forward with hope for continued grace. But it is only in the current moment that God can actively touch our hearts and transform our lives. Redemption, restoration and renewal are real-time interventions. THIS is the instant to become the person you always wanted to be!

Enjoy this glorious month!

*Brenda*